



## CARBOHYDRATE REFUEL MEAL POST WORKOUT

# Spanish omelette

### INGREDIENTS (1 serving)

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- 210g (7.4oz) sweet potato, peeled and cut into 2cm chunks
- 5ml (0.2 fl. oz) olive oil
- 60g (2.1oz) white onion, sliced
- 155g (5.5oz) red bell pepper, diced
- 1 garlic clove, grated
- 5 slices turkey bacon, sliced
- 1 sprig of rosemary - optional
- 1 egg
- 4 egg whites
- 180g (6.4oz) 0% fat Greek yogurt
- 2 handfuls of salad greens

This mega Spanish omelette needs about 20 minutes of your time but it tastes great hot or cold. It is perfect for carrying in a lunch box to work with some fresh salad. If you don't want the fuss of making the omelette why not try turning it into a tasty scrambled egg dish or poach the eggs and serve on the potato and vegetables.

### METHOD

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Preheat oven to 180°C (fan 160°C, gas mark 4).

Whack your potato in the microwave for 3 minutes. Leave to rest for 2 minutes, then blast again for a further 2 minutes, by which time they should be cooked through and soft.

While the potato is cooking heat the olive oil in a decent ovenproof non-stick frying pan over a medium to high heat. Add the onions, pepper, bacon, garlic and rosemary and cook for 2-3 minutes. When the potatoes are ready throw them in the pan as well.

Beat the egg and egg whites, then pour into the frying pan. Use a wooden spoon or spatula to move the egg around, scraping it up from the base, for 1-2 minutes or until there is a good proportion of cooked egg in the pan and the ingredients are all mixed through. Slide the pan into the oven and cook until the egg is cooked through.

Slide the omelette from the pan, then enjoy with a side salad and a good dollop of yogurt.